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This service distributes news and information to
Sailors and Marines, their families, civilian employees, and
retired Navy and Marine Corps families. Further
dissemination of this e-mail is encouraged.

Headlines this week include:

MN97107 San Diego Orthos Go A Long Way for Patients
MN97108 Naval Hospital Lemoore Has Top Partnership
MN97109 Great Lakes Dental Reservists Help With Readiness
MN97110 Pensacola Sailor Tapped as MIS Enlisted Member of
the Year
MN97111 Happy Birthday, Dental Technicians!
MN97112 Navy Doc, Medics Save the Day
MN97113 New Phones Enhance Customers Service at NH Pensacola
MN97114 Medical Regulating Course Offered
MN97115 Reserve Nurse Symposium To Be Held
MN97116 TRICARE Question and Answer
MN97117 Healthwatch: Fasten Your Belt For A Safer Ride
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MN97107: San Diego Orthos Go A Long Way for Patients
San Diego-CAPT Mark Clapper, MC, goes a long way to
help his patients.

Once a month, Clapper, assistant head of orthopedic
services at Naval Medical Center (NMC) San Diego, leaves his
office and clinic behind and heads north to care for
orthopedic patients in Port Hueneme.

Accompanied by a staff of residents, interns and a pre-
operative nurse, Clapper boards a Naval Air Logistics Office
(NALO) flight to provide care to patients who might
otherwise have to travel to NMC San Diego. During the
visit, Clapper and his staff will provide more than 50
consultations, pre-operative interviews, and other care.

The clinic at Port Hueneme, staffed primarily by
general medical officers and family practice providers, was
in desperate need of orthopedic support. According to the
clinic, Clapper and his staff's assistance will save an
estimated \$300,000 in patient travel fees and more than 400
lost man-days per year.

LT Deborah Terris, NC, division officer of military
medicine at Naval Medical Clinic (NMC) Port Hueneme

coordinates the entire visit. She schedules everything from the air lift to reconfiguring the physical therapy spaces for examinations to scheduling patient appointments to pulling their X-rays and records.

"It's a better use of health care. It has been a cooperative venture between both bases. They (the Port Hueneme staff) do all the mechanics of getting us there," said Clapper.

It also is beneficial to Port Hueneme's medical staff. They work side by side with the visiting orthopedic staff, receiving on the job training.

The visiting orthopedic clinic has delighted patients, and Clapper says he expects it to continue.

"It just takes constant nurturing to make it work," he said.

By Kimberly Allen, Bureau of Medicine and Surgery

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MN97108: Naval Hospital Lemoore Has Top Partnership

Lemoore, CA-Naval Hospital (NH) Lemoore and Meadow Lane Elementary School's Partnership in Education has been selected as the best elementary school-community or business partnership in California.

The partnership, selected by California School Volunteer Partnership, Inc. (CSVPI), was honored at CSVPI's annual "Collaboration for Excellence in Education" conference earlier this month. One of CSVPI's primary missions is to honor superior school and community or business-based partnerships.

The hospital and school entered into an educational partnership about a year ago, and renewed it this year. All the hospital staff who are involved in the partnership are volunteers who spend many off duty hours helping out at the school.

"These fine men and women who serve our country so well are an integral part of our school," said Meadow Lane Principal Brian Recht. "They have assisted with our reading program in the classroom, coaching during lunch and after school and they helped build our outside cold lunch eating area."

The hospital volunteers also provide in-class tutoring, career and portfolio day judging, tours of the hospital and health awareness information.

Almost half the staff at the hospital volunteer in the partnership.

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MN97109: Great Lakes Dental Reservists Help With Readiness

Great Lakes, IL-Naval Dental Center (NDC) Great Lakes is putting their Reservists where the mouths are.

When Reservists assigned to Naval Reserve Naval Dental Clinic Great Lakes Unit 113 (NRNDCU 113), which supports NDC Great Lakes, come in to perform their monthly or annual training, most of the time their assignment is to get and

keep recruit's teeth ready for action.

The Reservists perform "Phase 1" care on their young patients, providing treatment to prevent problems that might occur within the next 12 months, but don't require emergency care.

"The Reservists are extremely helpful during the surge period, May through September," said CDR Scott B. McClanahan, DC, of NDC Great Lake's reserve liaison office. The summer months are when the boot camp at Great Lakes is at its busiest.

Providing dental care in this capacity is a new experience for many of the Reservists. Assignment to a boot camp is a challenge because of the never ending line of recruits.

Since all of the recruits are new to Navy dental care, the Reservists are often called upon to provide other assistance besides dental care.

"Every group has questions. I answer all their questions which puts them at ease. It is very rewarding providing dental treatment to the recruits," said Reservist DT1 Carol A. Patterson.

According to CDR Thomas Corteglia, DC, clinic director for the Recruit Training Center Clinic at Great Lakes, the Reservists' assistance has boosted clinical productivity and recruit dental readiness.

By Kimberly Allen, Bureau of Medicine and Surgery

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MN97110: Pensacola Sailor Tapped as MIS Enlisted Member of the Year

Pensacola, FL-IC2 Richard R. Davis Jr., attached to Naval Hospital (NH) Pensacola, is this year's Management Information Systems Enlisted Member of the Year.

The award is presented annually to an enlisted Sailor who makes a significant contribution to Navy Medicine's medical information systems. It is sponsored by the Naval Medical Information Management Center (NMIMC) in Bethesda, MD.

CAPT Paul Tibbetts, MC, NMIMC's commanding officer, cited Davis for "implementing an on-line trouble call tracking system initiated with the facility's computers, saving an estimated \$50,000-plus in maintenance funds."

Davis was also commended for his work in isolating and repairing faulty components in the Hospital Emergency Area Radio (HEAR) system used to dispatch ambulances and communicate with area hospitals, and his work on providing voice and data communication to Pensacola's new \$6.5 million medical and dental clinic located at the Naval Air Technical Training Center and the hospital's new modular building that houses the pediatric clinic.

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MN97111: Happy Birthday, Dental Technicians!

Washington, DC-Dental technicians will celebrate 49

years of excellence on Apr. 2.

Dental technicians were established by the Secretary of the Navy in 1948 to assist chairside in all phases of dentistry.

"Dental technicians have clearly established themselves as valuable contributors to the Navy and Marine Corps. I am extremely proud of all of you," said Navy Surgeon General VADM Harold M. Koenig, MC.

Today there are 3,664 active duty and Reserve dental technicians serving all over the world on ships, at dental clinics and in hospitals.

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MN97112: Navy Doc, Medics Save the Day

Over the U.S.-A Navy doctor and three medical support personnel saved the day recently aboard a commercial flight from Washington, DC bound for Los Angeles.

LCDR Keith Batts, MC; LT Brian Farmer, MSC; HM2 Spencer Holden, and HM3 Brian Clark, all from Naval Medical Center (NMC) Portsmouth, VA, were on the flight enroute to Australia to support Operation Tandem Thrust. During the flight, Clark noticed that a 54-year-old woman near him was suffering from shortness of breath and severe chest pains. He immediately informed Batts, who, assisted by his colleagues, was able to stabilize the patient with the limited equipment available and provide reassurance until the aircraft reached Los Angeles.

The woman was transported to a local hospital for observation.

"It was definitely an unexpected situation," said Farmer. "We were happy that we were able to care for the woman by having our Navy medical team on board."

By HN Bridget Gayner, NMC Portsmouth, VA

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MN97113: New Phones Enhance Customers Service at NH Pensacola

Pensacola, FL-Naval Hospital (NH) Pensacola's improved telephone system-with more than 1,100 lines and a new prefix -is being phased in, beginning with hospital's administrative numbers.

The \$1 million telephone system, which has been in the works for nearly two years, brings "major changes," said Executive Officer CAPT Carl Klingelberger, MC. These changes will include better customer service, such as "fewer busy signals from both ends (and) 12 rollover lines into our pharmacy."

It also means a new telephone prefix.

The old prefix, 452, will be gradually phased out to be by the new prefix, 505. The last four digits of the phone number is unchanged. During the first month of operation, a recorded message will inform callers of the change.

The telephone number changes effect only the hospital, not the Branch clinic numbers.

Since the numbers will be phased in, it may be several weeks before the 505 prefix is operational at all phones. If it doesn't work, try the old 452 prefix.

The prefix for DSN at the hospital is also being changed from 922 to 534.

NH Pensacola's information desk's new telephone number is (904) 505-6601.

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MN97114: Medical Regulating Course Offered

A Medical Regulating Course will be held at Naval Hospital Charleston, SC, from May 19-23.

The course is open to active duty military, E-5 through O-4, from activities such as fleet hospitals, Fleet Marine Force units and medical mobilization augmentation readiness teams.

The training will include techniques of medical regulating, an overview of operations and communications unique to Navy and Marine Corps, and joint operations protocols.

The course is free; however, your command must pay for travel and lodging.

Call HM2(FMF) Troy Ferrie at (803) 743-7389/90 or DSN 563-7389/90, or e-mail him at chr1can@chr10.med.navy.mil for more information.

Deadline for registration is May 9.

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MN97115: Reserve Nurse Symposium To Be Held

The Capital Region (Tri-Service) Reserve Nurse Corps (CRRNC) Symposium will be held at the Uniformed Services University of the Health Sciences in Bethesda, MD, from May 31-June 1.

The symposium will provide tri-service networking opportunities that enhance operational readiness for Reserve and National Guard nurses residing or assigned in the Middle Atlantic seaboard.

The cost of the symposium is \$60 and includes continental breakfast and lunch both days.

Register by mail to CDR Paul Blose, NC, USNR, 1304 Carlsbad Drive, Gaithersburg, MD, 20879-3215. Make checks payable to "CRRNC Symposium." Registration deadline is May 1 and is limited to the first 300 people.

For more information contact LTC Chriss Ingle, USAR, at (703) 494-8891.

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MN97116: TRICARE Question and Answer

Question: I attended a briefing at my command about TRICARE, and then took the literature home to my wife for her to read. We've decided that TRICARE Prime is the best option for our family. How do I enroll?

Answer: If you are on active duty, you will be enrolled in TRICARE Prime automatically and assigned a

Primary Care Manager, a health care professional who will be responsible for your health. In some regions, active duty personnel may be required to fill out a short form to complete their registration.

Family members of active duty personnel and retirees and their families can enroll by visiting their nearest TRICARE Service Center or calling to have an enrollment package sent to them.

Remember: Family members and retirees and their families are not enrolled in Prime until they have submitted their enrollment forms.

Additional information on TRICARE is available on the Department of Defense (Health Affairs) Homepage on the World Wide Web at www.ha.osd.mil.

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MN97117: Healthwatch: Fasten Your Belt For A Safer Ride

Driving is an everyday occurrence for most of us, and a safety belt can be the difference between life and death should an accident occur.

Each year, motor vehicle accidents claim the lives of many drivers and passengers. One way to reduce the risk of harm is to wear your safety belt.

According to the Naval Safety Center (NSC) in Norfolk, VA, last year 48 Sailors and Marines who were not wearing seat belts were killed in motor vehicle mishaps. Many of these fatalities could have been avoided by buckling up. For Sailors, Chief of Naval Operations (OPNAV) Instruction 5100.12F, and for Marines, Marine Corps Order (MCO) 5100.19D require safety belts be worn when driving, even in their own vehicles.

"Safety belts are the most important safety device built into vehicles today," said Rose Talbott, head of motor vehicle safety division at the NSC.

Another piece of standard safety equipment in use since the late 1980s is the air bag. Air bags are a supplement to the safety belt, not a substitute. Air bags offer no protection during side, rear or rollover crashes.

"Air bags are only deployed in frontal crashes. The sensors that trigger the air bags are located in the front area," said Talbott.

Perhaps the most important reason safety belts are so effective is that they prevent drivers and passengers from being thrown from the car in an accident. According to research, it is 25 times more likely that drivers or passengers will be killed or injured if ejected from a car during an accident.

Safety belts also help to prevent your body from being thrown about while inside the car. Wearing a safety belt can prevent bumps, bruises, cuts and sprains if an accident occurs.

Wearing a safety belt is also a part of defensive driving. Being secured in your seat allows you to steer more efficiently and effectively, and can actually help

avoid an accident.

If you are not wearing a safety belt and enforcing its use in your vehicle, you are not protecting yourself or your passengers, no matter how short the ride is.

Ways not to wear your safety belt:

- Don't use only part of the safety belt. The chest and lap restraint are designed to work in tandem to ensure the force of the collision is lessened. Using only part of the belt can be as dangerous as not using the belt at all.

- Don't wear the chest restraint as a belt across your lap.

- Don't sit on your safety belt-use it!

By Kimberly Allen, Bureau of Medicine and Surgery

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Note: Buckle Up America! Week is May 19-26. Its purpose is to promote the use of safety belts and child restraints in motor vehicles.

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Feedback and comments are welcome. Story submissions are encouraged. Contact Jan Davis, MEDNEWS editor, at e-mail mednews@bms200.med.navy.mil, telephone 202/762-3223 (DSN 762-3223), or fax 202/762-3224.